Supplementary Table 1. Results of the parallel mediation analysis: male

Predictor	BMI				Depression			
	B	SE	t	p	B	SE	t	p
Age	-0.003	0.009	-0.273	0.785	0.030	0.022	1.369	0.171
Education								
University graduate	-0.392	0.145	-2.713	0.007	0.868	0.348	2.494	0.013
Master's degree or higher	-0.289	0.175	-1.653	0.098	0.570	0.420	1.357	0.175
Marital status								
Unmarried	-0.782	0.130	-6.008	<0.001	1.225	0.315	3.895	0.001
Other	-0.207	0.378	-0.549	0.583	4.692	0.908	5.167	<0.001
Years of service (yr)	-0.018	0.008	-2.196	0.028	-0.009	0.020	-0.444	0.657
Hours of work per week	0.002	0.006	0.329	0.742	0.111	0.015	7.458	<0.001
Monthly earned income								
3–4 million won	0.150	0.152	0.984	0.325	0.698	0.366	1.907	0.057
Over 4 million won	0.142	0.174	0.813	0.417	0.183	0.419	0.437	0.662
No answer	0.074	0.237	0.315	0.753	0.707	0.569	1.243	0.214
PSS control score	-0.099	0.031	-3.221	0.001	-3.061	0.743	-41.215	<0.001
BMI					0.105	0.035	2.950	0.003
R^2	0.013				0.298			
F	5.644***				162.796***			

Bootstrap	PSS control score → BMI → Depression			
	B	SE	95% CI	Conclusion
Total effect	-3.071	0.074	-3.217, -2.925	
Direct effect	-3.061	0.074	-3.206, -2.915	
Indirect effect	-0.010	0.005	-0.021, -0.003	Partial mediation

***p<0.001. BMI, body mass index; PSS, Perceived Stress Scale; B, estimate of the regression coefficient; SE, standard error of estimate; t, t-test value; p, significance probability; R^2, explanatory power; F, F-test value; CI, confidence interval.